

**CLAIMS**

What is claimed is:

- 5        1. A shoe comprising:
  - (a) a top layer;
  - (b) a bottom layer;
  - (c) a shape-retaining member sandwiched between the top layer and the bottom layer; and
  - 10      (d) a heel mounted to the shape-retaining member through the bottom layer;
  - (e) an upper having plural elongated insert elements, each having a stopper on its bottom end, each of the plural elongated insert elements extending through a hole in the top layer and a hole in the bottom layer such that the stopper engages the hole in the bottom layer.
- 15      2. A shoe according to claim 1, wherein the top layer includes a filled-in cutout that is disposed directly above the heel.
- 20      3. A shoe according to claim 1, wherein both the top layer and the bottom layer are comprised of thermoplastic rubber (TPR).
- 25      4. A shoe according to claim 1, wherein the shape-retaining member is comprised of a metal.
- 30      5. A shoe according to claim 1, wherein the shape-retaining member comprises a tuck board that at least approximately matches a shape of the top layer and the bottom layer and a smaller shank that is stronger and stiffer than the tuck board.
- 35      6. A shoe according to claim 5, wherein the shank is disposed along a portion of the shoe that is elevated by the heel.

7. A shoe according to claim 5, wherein the shank is attached to the tuck board using cement and rivets.

8. A shoe according to claim 1, wherein each of the top layer and the  
5 bottom layer have been formed by stamping a sheet of material.

9. A shoe according to claim 1, wherein at least a portion of the shape-retaining member has been stamped out of metal.

10 10. A shoe according to claim 1, wherein the heel is mounted to the shape-retaining member by driving fastener through the shape-retaining member and into a top portion of the heel.

11. A shoe according to claim 1, wherein at least one of the plural  
15 elongated insert elements also extends through a hole in the shape-retaining member.

12. A shoe according to claim 1, wherein the top layer, bottom layer and shape-retaining member are attached using segment.

20 13. A shoe according to claim 1, wherein the heel is at least two inches in length.

14. A shoe according to claim 1, wherein the heel is at least three  
25 inches in length.

15. A shoe according to claim 1, wherein the top layer is softer than the bottom layer.

30 16. A shoe according to claim 1, wherein both the top layer and the bottom layer are comprised of a sheet material.